

Adult Programs

R.A.D. WOMEN'S SELF DEFENSE

\$50

Ages: Women only 17+
Dates: September 22, 29, October 6, 8 and 20
Time: 6:00—9:00 p.m.
Location: Clarke Middle School Gym

The Lexington Police Department and the Lexington Recreation Department are proud to again collaborate on this very important Women's Self Defense Program. Over the course of this 4-week program, taught by **Lexington Police Officer Charles Crayton**, students will be involved in a discussion of risk reduction strategies, date rape, continuum of survival, defensive strategies and the basic principles of defense. Participants should wear loose fitting, comfortable clothing and bring a water bottle to class.

BODY CORE: A Total Fitness Class **\$70/session**

Dates: **Fall:** Thursdays, October 2—December 11 (no 11/27)
Winter: Thursdays, January 15—March 26, 2015
 (no 2/19)

Time: 6:00—7:30 p.m.

Location: Hastings School Gym

Join this class for an exhilarating total body workout including a variety of music and low impact Zumba/dance style choreography. Pilates mat exercises will re-shape, strengthen and tone your entire core; abdominals, upper and lower body muscles. Using hand weights will also increase your muscular strength and endurance. Finish the class with gentle yoga stretches for added flexibility, improved balance and body alignment. Materials needed: yoga mat, hand weights, fitness ball (optional). Wear comfortable clothing and cross training or studio dance shoes (no street shoes). All levels of experience are welcome. **Ellen Gaies** is a certified Aerobics, Pilates and Zumba instructor.

YOGA CLASSES **\$125/session**

Fall : 10 Tuesdays, September 16—December 9 (no 10/14, 11/4, 11/11)

Time: 7:30—8:30 p.m.

10 Wednesdays, September 17—December 10

(no 10/24, 11/26)

Time: 7:00—8:00 p.m.

Winter: 10 Tuesdays, January 13—March 24, 2015 (no 2/17)

Time: 7:30—8:30 p.m.

10 Wednesdays, January 14—March 25, 2015 (no 2/18)

Time: 7:00—8:00 p.m.

Location: Bridge School

Join Certified Yoga Instructor **Keith Herndon** in this physically balancing workout of Yoga. Yoga is famous for harmonizing mind and body through stretching, breathing, deep relaxation, range of movement, and a calm inner focus.

FITNESS BOOT CAMP FOR WOMEN

Fee: **\$200/2 days per week (24 classes)**
\$105/1 day per week (12 classes)

Ages: 23+

Dates: 12 Weeks (Tuesday & Thursday)

September 2—November 20

Time: 6:00—7:00 a.m. **RAIN or SHINE**

Location: Lincoln Park Field # 2

This highly regarded and very popular fitness boot camp program designed specifically for women incorporates upper and lower body weight exercise as well as cardiovascular activities. Band work and many body weight exercises are included. **Paul McManus**, Boot Camp Instructor for the past 5 years and former Lexington PE teacher will lead this program. All levels of ability are welcome. Pre-registration is required.

EARLY MORNING ADULT GYM - LHS FIELD-HOUSE

\$95/Lexington residents ~ \$115/Non residents

Dates: Monday, Wednesday & Friday
 September 2014—August 2015

Time: 6:15—7:15 a.m.

Season membership cards **are required** for this morning drop in program. The pass is also valid for the adult evening drop in program.

ID cards may be obtained at either the Lexington Recreation Department office or at the program.

NOTE: This program does not meet on holidays or during school vacations.

EVENING DROP IN PROGRAM AT LEXINGTON HIGH SCHOOL FIELD HOUSE

Monday—Thursday, November 3, 2014—April 16, 2015

Resident Season Pass: \$60.00

Non Resident Season Pass: \$85.00

Resident Daily Admission: \$ 3.00

Non-Resident daily Admission: \$ 5.00

NOTE: This program does not meet on holidays or during school vacations, and may be closed for LHS Athletic event during the season.

- **JOGGING (all ages)**
- Monday —Thursday 7:15—9:30 p.m.
- **ADULT BASKETBALL (18+)**
- Monday & Thursday 7:15—9:30 p.m.
- **ADULT INDOOR SOCCER (18+)**
- Tuesday 7:15—9:30 p.m.
- **ADULT PICKLEBALL (18+)**
- Wednesday 7:15—9:30 p.m.

DON'T BE LEFT OUT...REGISTER EARLY

Adult Programs

ZUMBA Introductory Class

Benefitting the Susan G. Komen Breast Cancer Foundation

Come on out and join the party on **Tuesday, September 30** at the Hastings School Gymnasium! Everyone is invited (age 12 and up) and all levels of experience welcome. Contact janswartz@mac.com for more information about this event.

The class is **FREE**, but attendees are asked to make a suggested donation of \$15.00 to benefit the Susan G. Komen Breast Cancer Foundation.



Registration: 6:45 p.m. Class: 7:00 p.m.

ZUMBA—Low Impact **\$104**

Dates: 8 Tuesdays, October 7—December 9 (no class 11/4, 11/11)

Time: 6:45—7:35 p.m.

Location: Hastings School Gym

Dates: 8 Fridays, October 10—December 5 (no 11/28)

Time: 9:30—10:20 a.m.

Location: First Parish Church

Join the PARTY in this dance/fitness class that takes the work out of working out! The energizing music uses a variety of Latin, international and pop rhythms, and will have you sweating, smiling, shedding inches and toning up, while protecting your joints, tendons and ligaments! This cardio/body toning class is very easy to follow and no prior experience is needed. The class is appropriate for all ages (13+) and fitness levels. Whether you are just starting/getting back on your fitness journey, or are extremely fit, if you are on a weight loss program, or coming back from an injury, come join the party! Modifications will be given for those students wanting a higher impact. *Take it alone or as a great complement to the ABS/Stretch program immediately following, and save!*

Jan Swartz is a Lexington resident and educator, is AFAA Group Fitness and CPR certified, and has done professional dance training. Jan is licensed to teach Zumba, Zumba Gold, Zumba Toning, Aqua Zumba and Zumbatomics.

ABS BLAST AND STRETCH **\$88**

Dates: 8 Tuesdays October 7 —December 9 (no 11/4, 11/11)

Time: 7:35—8:15 p.m.

Location: Hastings School Gym

Dates: 8 Fridays, October 10—December 5 (no 11/28)

Time: 10:20—11:00 a.m.

Location: First Parish Church

This 40 minute class is the best of both worlds. The first 20 minutes is designed to target and enhance abdominal definition, core stability and back strengthening during the ABS portion. The second half of the class is comprised of slow stretching of the major muscle groups to improve flexibility, relieve stress and promote relaxation. Teacher provided props such as training straps, resistance bands and trigger point release balls will be used in class. Take it alone or as a great complement to the ZUMBA program, which is immediately before!. The class is appropriate for all ages (13+) and fitness levels. Please bring a mat or a large towel. **Jan Swartz** is a Lexington resident and educator, is AFAA Group Fitness and CPR certified, and has done professional dance training.

ZUMBA and ABS BUNDLE

\$175

Dates: 8 Tuesdays, October 7—December 9 (no 11/4, 11/11)

Time: 6:45—8:15 p.m.

Location: Hastings School Gymnasium

Dates: 8 Fridays, October 7—December 5 (no 11/28)

Time: 9:30—11:00 a.m.

Location: First Parish Church

Combine the benefits of both Low Impact Zumba and Abdominal and Back Strengthening and Stretch in one 90 minute workout and save!

Jan Swartz will get you moving, losing, toning, dancing, stretching and strengthening. Jan is AFAA group fitness and CPR certified. She is licensed in Zumba, Zumba Gold, Zumba Toning, Aqua Zumba and Zumbatomics. Join the Party and get back on your fitness journey. Appropriate for all ages (13+) and fitness levels. Modifications will be given for those students wanting a higher impact.

BALLROOM DANCE CLASSES

\$100/resident couple/session

\$110/non-resident couple/session

Dates: **Fall — 8 Tuesdays**

September 23—November 18 (no 11/11)

Location: Bridge School

Dates: **Winter—8 Tuesdays**

January 13—March 10, 2015 (no 2/17)

Location: Harrington School Gymnasium

Beginner Ballroom **6:30—7:30 p.m.**

Join Ballroom Dance instructor **Francis Floyd** as the basic steps of the Fox Trot, Cha Cha, Waltz and Swing dance are covered. Just the thing for the holidays or that upcoming wedding.

Intermediate & Advanced Ballroom **7:30—8:30 p.m.**

Building on the foundations from Beginner Ballroom, this course, under the instruction of **Francis Floyd**, seeks to improve those steps, provide an introduction to Tango and Rumba, and the opportunity to brush up on style, and learn more advanced Latin and American Ballroom dances.



Adult Programs

"LEX GET FIT !"- Cardio Boot Camp for Women

Fee: \$130/1 day per week; \$240/2 days per week/
\$300/3 days per week

Ages: 18+

Dates: 10 weeks (Monday, Wednesday & Friday)
September 8—November 24 (no 10/13, 11/3)

Time: 9:15—10:15 a.m.

Location: Lincoln Park Field # 2

Have fun and get in shape outdoors at Lincoln Park. Whether your goal is to lose weight, tone, or shake-up your fitness routine in a non-intimidating friendly environment, this is the class for you. All levels are welcome to join this women-only fitness series, catered to your needs and goals. Sessions are held rain or shine. You choose whether once, twice, or three times per week works for you. The more you exercise, the more you save and the better shape you will be in for the holidays! Each class is different, but every class includes a warm-up, cardio, strength, core, stretch and cool-down component. These classes move away from straight jogging and sit-ups and feel more like a "Girls Night Out". Sign up with a friend to stay motivated. Bring your water, yoga mat and hand weights to class!



Become your best self this season with certified fitness instructor and local mom, **Shannon Amsler**

WOMEN'S DROP-IN BASKETBALL

NEW

\$40

Ages: 18+

Dates: Thursdays, October 2—December 4
(no 11/27)

Time: 7:30—9:30 p.m.

Location: Estabrook School Gym

Ladies, lace up your high tops and come shoot around, play pick up basketball, shooting games, etc. Work on your basketball skills and have fun with other players and friends. This is not a team practice time, or a league; just fun open gym time to play hoop and shoot around!



ADULT DROP-IN BADMINTON

NEW

\$40

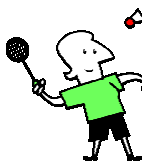
Ages: 18+

Dates: Mondays, September 22—October 27 (no 10/13)

Time: 7:30—9:30 p.m.

Location: Estabrook School Gym

Put on your sneakers, grab your badminton racquet, sign up with a friend or two and come join us at the Estabrook School gym for five weeks of drop-in badminton. **Pre-registration is required** so that we can make sure we have enough equipment. **Spaces are limited. Register early!**



ADULT DROP-IN VOLLEYBALL

NEW

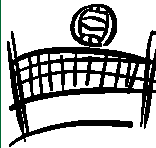
\$40

Ages: 18+

Dates: Mondays, November 3—December 1

Time: 7:30—9:30 p.m.

Location: Estabrook School Gym



Member of the community have spoken! Come to the Estabrook Gym for five weeks of drop-in volleyball. Lace up your sneakers, grab a water bottle, and tell your friends and neighbors. **Pre-registration is required and space is limited. Register early!**

INTRO TO STAND-UP PADDLEBOARDING

\$65

Ages: 18+

Date: Tuesday, September 2nd

Time: 10:00 a.m.—12:00 noon

Location: Old Reservoir

Stand-up Paddleboarding is just rocketing in popularity. Many describe the feeling as walking on water. Many people still don't know what it is, the best way to describe it is to imagine using a long canoe paddle to paddle a surf-board. Of course the best way to really understand is to take a class. You can creep along the side of a pond with a great look at the fish below or use it as a super core workout (quit the gym and by a board!). Like everything **Still River Outfitters** does, SUP is just super fun! Intro to SUP is the perfect way to give the sport a try.

QUICK START YOUR KAYAKING

\$80

Date: October 17th

Time: Friday, 10:00 a.m.—1:00 p.m.

Location: Old Reservoir

QuickStart with **Still River Outfitters** is a brief, three hour introduction to paddling a kayak properly. Students are presented with basic information on terminology, dressing, paddle safety, potential hazards and simple rescues to safely and comfortably maneuver on still water.

ADULT SKI & SNOWBOARD PROGRAMS

\$200

The adult program at Nashoba Valley is available for beginners thru advanced skiers or snowboarders. The program includes a six week session of lessons and lift tickets. Classes are available weekday mornings (with free skiing/riding from 9:00 a.m.—5:00 p.m.) or evenings (with free skiing/riding from 5:00—10:00 p.m. on lesson days). Adults **pick ONE day morning or evening and come any six times throughout the season.** The price of rentals is \$105 for skis or snowboards, payable to Nashoba Valley at the fitting. Helmets may be purchased at a cost of \$55.

Dates: 6 Sundays beginning January 11 @ 5:30 p.m.

6 Mondays beginning January 5 @ 10 a.m. or 7:30 p.m.

6 Tuesdays beginning January 6 @ 10 a.m. or 7:30 p.m.

6 Wednesdays beginning January 7 @ 10 a.m. or 7:30 p.m.

6 Thursdays beginning January 8 @ 10 a.m. or 7:30 p.m.

Location: Nashoba Valley Ski Area